

Full Report (All Nutrients) 12093, Nuts, chestnuts, chinese, raw

Report Date:September 25, 2015 00:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3****Refuse:16% Refuse Description: Shells**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	43.95	1	--	12.46
Energy	kcal	224	--	--	64
Energy	kJ	937	--	--	266
Protein	g	4.20	2	--	1.19
Total lipid (fat)	g	1.11	2	--	0.31
Ash	g	1.67	2	--	0.47
Carbohydrate, by difference	g	49.07	--	--	13.91
Minerals					
Calcium, Ca	mg	18	2	--	5
Iron, Fe	mg	1.41	2	--	0.40
Magnesium, Mg	mg	84	2	--	24
Phosphorus, P	mg	96	2	--	27
Potassium, K	mg	447	2	--	127
Sodium, Na	mg	3	2	--	1
Zinc, Zn	mg	0.87	2	--	0.25
Copper, Cu	mg	0.363	2	--	0.103
Manganese, Mn	mg	1.601	2	--	0.454
Vitamins					
Vitamin C, total ascorbic acid	mg	36.0	--	--	10.2
Thiamin	mg	0.160	--	--	0.045
Riboflavin	mg	0.180	--	--	0.051

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Niacin	mg	0.800	--	--	0.227
Pantothenic acid	mg	0.555	--	--	0.157
Vitamin B-6	mg	0.410	--	--	0.116
Folate, total	µg	68	--	--	19
Folic acid	µg	0	--	--	0
Folate, food	µg	68	--	--	19
Folate, DFE	µg	68	--	--	19
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	10	--	--	3
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	202	--	--	57
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.164	--	--	0.046
16:0	g	0.151	1	--	0.043
18:0	g	0.011	1	--	0.003
Fatty acids, total monounsaturated	g	0.581	--	--	0.165
16:1 undifferentiated	g	0.008	2	--	0.002
18:1 undifferentiated	g	0.559	2	--	0.158
20:1	g	0.010	1	--	0.003
Fatty acids, total polyunsaturated	g	0.288	--	--	0.082
18:2 undifferentiated	g	0.258	2	--	0.073
18:3 undifferentiated	g	0.028	2	--	0.008
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.049	2	--	0.014
Threonine	g	0.167	2	--	0.047
Isoleucine	g	0.157	2	--	0.045
Leucine	g	0.259	2	--	0.073
Lysine	g	0.228	2	--	0.065
Methionine	g	0.101	2	--	0.029
Cystine	g	0.110	2	--	0.031

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Phenylalanine	g	0.190	2	--	0.054
Tyrosine	g	0.125	2	--	0.035
Valine	g	0.220	2	--	0.062
Arginine	g	0.430	2	--	0.122
Histidine	g	0.121	2	--	0.034
Alanine	g	0.200	2	--	0.057
Aspartic acid	g	0.852	2	--	0.242
Glutamic acid	g	0.537	2	--	0.152
Glycine	g	0.184	2	--	0.052
Proline	g	0.162	2	--	0.046
Serine	g	0.184	2	--	0.052

Langual Code(s)

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B2416 CHINESE CHESTNUT
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION